

Diabetes: Nutrition and Exercise

(Part 2 of 3 part series)

Satellite Conference

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Produced by the Alabama Department of Public Health
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Faculty

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Diabetes Meal Planning

- What should I eat?
- The “Cornerstone” of diabetes management.

Meal Planning Guidelines

- Control the total amount of carbohydrate you eat.
- Choose foods low in fat.
- Control portion sizes.
- Eat about the same time everyday with the same amount of food each meal.

Carbohydrates

- Main nutrient that affects blood sugar.
- 100% of carbohydrate turns to sugar.
- Includes foods such as:
 - dried beans and peas
 - breads, grains and cereals
 - pasta and rice
 - fruits
 - milk

Protein

- Protein is slowly turned into some sugar in the body but does not raise the blood sugar very quickly.
- Protein foods are:
 - meat, poultry and fish
 - eggs
 - cheese
 - peanut butter

Fat

- Only 10% of fat eaten turns into sugar.
- Very little effect on blood sugar levels.
- Fats include:
 - margarine
 - mayonnaise
 - nuts
 - oils and salad dressings

Label Reading

- Look at the product's serving size.
- Look at the line "total carbohydrates".
- Sugar is included in the total carbohydrate.
- Net carbohydrate- not FDA approved.
- Fiber
- Sugar alcohol

Control Total Carbohydrate

- Women:
- Eat 2-3 servings of carbohydrate (30-45 grams of carbohydrate) foods at each meal. Eat 3 meals daily.
- Eat 1 serving of carbohydrate (15-20 grams of carbohydrate) for snacks. Snacks are optional.

Control Total Carbohydrate

- Men:
- Eat 3-4 servings of carbohydrate (45-60 grams of carbohydrate) at each meal. Eat 3 meals daily.
- Eat 1-2 servings of carbohydrate (15-30 grams of carbohydrate) at each snack. Snacks are optional.

Carbohydrate Servings

- You should eat within the recommended range of carbohydrate at each meal and snack to help control your blood sugars.
- You should not eat less carbohydrate at one meal and more at the next.

15 Gram Carbohydrate Portions

- 1 slice bread
- 1 small biscuit or 2-inch square cornbread
- 1/2 cup cooked grits or oatmeal
- 1/2 cup potatoes, corn, peas or beans
- 1/3 cup cooked pasta or rice
- small piece fresh fruit
- 1/3 to 1/2 cup of fruit juice
- 1 cup milk or unsweetened yogurt

Starches

- Choose whole grain breads.
- Choose brown rice or wild rice.
- Choose whole wheat pasta.
- Choose low-fat breads and crackers.
- Instant oatmeal may contain added sugar- look at the label.

Fruits

- Fruits can be fresh, frozen or canned.
- Canned fruits should be in its own juice, no sugar added, in extra light syrup or packed in water.
- Choose whole fruits more often.
- Sugar from juice gets into the blood stream quicker than sugar from whole fruits.

Milk

- All types of white milk contain about the same amount of carbohydrate.
- The differences in milk are in the fat and calories.
- Choose 1% or fat-free milk for good heart health.
- Choose unsweetened yogurt that is low-fat or non-fat.

Sweets

- Choose sweets less often.
- They are higher in fat, sugar and calories than other carbohydrates.
- When you do eat sweets, they need to be included as part of the carbohydrate allowance, not eaten as extra.

Meats

- Meats contain no carbohydrate.
- They should be baked, broiled, grilled, micro-waved, roasted or stir-fried.
- Do not deep-fry meats.
- Choose lean cuts of meat.
- Choose chicken and fish more often.

Fats

- Limit fats to 5-6 servings a day to control calories and cholesterol levels.
- Choose heart healthy oils such as olive or canola oil.
- Choose tub or squeeze-style margarines with no Trans fats.
- Use turkey bacon to reduce saturated fat.

Non-Starchy Vegetables

- 1-2 servings of non-starchy vegetables can be added as a “free food”
- Season vegetables with fat-free broth, herbs and spices, Molly McButter, lemon juice and Liquid Smoke.
- Choose fresh, frozen or canned vegetables. (no salt added if you have hypertension)

Control Portion Sizes

- Measure food to ensure the correct serving size.
- Measure your juice and mark the side of the glass to keep from having to measure every time.
- Use the same cereal bowl each day and note how the cereal looks in the bowl.

Control Portion Sizes

- 3-oz meat = size of deck of cards
- 1 small banana = size of eyeglass case
- 1/2 cup fruit or vegetable = size of tennis ball
- 1-oz cheese = size of 4 dice
- medium potato = size of computer mouse
- small bagel = size of hockey puck

Beverages

- Beverages should be calorie free and carbohydrate free.
- Avoid sweet tea, regular sodas, Gatorade, Kool-Aid, PowerAde, and other sweetened beverages.
- Choose water, tea, coffee, Crystal Light, sugar-free Kool-Aid, Propel, Fruit 2-O.

Artificial Sweeteners

- To avoid unwanted calories and carbohydrates, do not use regular sugar.
- Choose :
 - Equal, Nutrasweet (Aspartame)
 - Sweet-n-Low, Sugar Twin (Saccharin)
 - Sweet One (Acesulfame-K)
 - Splenda (Sucralose)

Free Foods

- These contain less than 20 calories and 5 grams of carbohydrate per serving.
- Most can be consumed as desired.
- Some need to be limited to 3 servings a day and spaced throughout the day to prevent an effect on blood glucose levels.

Snacking

- Can be part of a good meal plan.
- Some people need snacks to prevent hypoglycemia (low blood sugar).
- Try to limit snacks to 1 or 2 a day to prevent weight gain.
- Space at least 2 hours from meal time.
- Choose snacks that are low in calories/fat.